

Parmesan Herb Smashed Potatoes

*Gather and Share
Publix Aprons*

Servings: 8

*16 small red potatoes
2 tablespoons fresh rosemary leaves,
finely chopped
2 tablespoons olive oil, divided
1/4 cup Publix Tuscan Herb
Finishing Butter
1 teaspoon Kosher salt
1/2 teaspoon pepper
1/2 cup Parmesan cheese, shredded*

Preparation Time: 30 minutes

Place one-half of the potatoes in a microwave-safe dish. Cover. Microwave on HIGH for 10 to 12 minutes or until tender when pierced with a fork. Repeat with the remaining potatoes.

Chop the rosemary.

Preheat the oven to 375 degrees.

Coat two baking sheets with one tablespoon of oil each. Place the potatoes on the baking sheets (three inches apart). Press lightly with a potato masher (leaving somewhat intact).

Melt the finishing butter. Brush over the potatoes. Season with salt, pepper and rosemary.

Bake 18 to 20 minutes or until the edges are browned and crispy.

Sprinkle with the cheese and serve.

Start to Finish Time: 55 minutes

Per Serving (excluding unknown items): 172 Calories; 5g Fat (25.9% calories from fat); 5g Protein; 27g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 337mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

% Calories from Fat:	25.9%
% Calories from Carbohydrates:	62.3%
% Calories from Protein:	11.9%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	4mg
Carbohydrate (g):	27g
Dietary Fiber (g):	2g
Protein (g):	5g
Sodium (mg):	337mg
Potassium (mg):	824mg
Calcium (mg):	81mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	30mg
Vitamin A (i.u.):	48IU
Vitamin A (r.e.):	12RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	20mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 172 Calories from Fat: 44

		% Daily Values*
Total Fat	5g	8%
Saturated Fat	1g	7%
Cholesterol	4mg	1%
Sodium	337mg	14%
Total Carbohydrates	27g	9%
Dietary Fiber	2g	10%
Protein	5g	
Vitamin A		1%
Vitamin C		49%
Calcium		8%
Iron		7%

* Percent Daily Values are based on a 2000 calorie diet.